



# Stanford Jujitsu Club

## Kempo Karate Charts

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### Kempo Karate #1

#### Blocks (*Uke*)

- Age uke
- Ude uke
- Soto ude uke
- Nagashi uke
- Jodan juji uke
- Gedan juji uke
- Soto age uke
- Gedan ulna uke
- Gedan barai uke
- Kakiwake uke
- Mikazuki geri uke

#### Strikes (*Uchi*)

- Cross shuto
- Yoko shuto
- Sakotsu shuto
- Ganmen shuto
- Nukite (pure form)
- Gohon nukite
- Ura tsuki
- Kage tsuki
- Uraken (downward/side)
- Mawashi tsuki
- Tate tsuki
- Oi tsuki
- Gyaku tsuki
- Hiji (forward/rear/side/up)
- Shotei
- Haitto
- Morote tsuki
- Tettsui

#### Kicks (*Geri*)

- Mae geri
- Rear mae geri
- Yoko geri
- Mawashi geri
- Mikazuki geri
- Soto mikazuki geri
- Ushiro geri
- Fumikomi geri
- Hittsui geri

#### Stances (*Dachi*)

- Zenkutzo/Zen (front)
- Kokutzo/Ko (back)
- Necho ashi/Necho (cat)
- Kiba (horse)

### Kempo Karate #2

1. Club blow (or right blow): Age uke--zen--double ura tsuki
2. Straight right: Ude uke--ko--ganmen shuto
3. Straight right: Ude uke--ko--side uraken
4. Lapel grab: Ude uke--necho--gyaku tsuki
5. Straight right: Soto ude uke--kiba--hiji--kage tsuki
6. Straight right: Nagashi--kiba--yoko shuto--uraken
7. Straight right: Nagashi--kiba--yoko haitto--cross shuto

8. Right blow: Cross shuto--ko--shuto uchi (strike)
9. Right blow: Cross shuto--zen--mawashi--kage--ura tsukis
10. Side club: Inside uke--kiba--rear hiji
11. Club blow (downward): Jodan juji--zen--tetsui (downward)
12. Club blow (downward): Jodan juji--zen--ura tsuki
13. Knife up thrust: Gedan juji--kage tsuki
14. Straight right: Soto shuto--ko--yoko haitto
15. Overhead chain: Soto age uke--ko--kage tsuki
16. Knife thrust (or club to legs): Left gedan barai--zen--left uraken
17. Knife thrust (or club to legs): Right gedan barai--zen--right uraken
18. Belt grab: Gedan ulna--necho--left uraken
19. Front choke: Kakiwake uke--zen--double ura tsuki
20. Front choke: Kakiwake uke--zen--sakotsu--double ura tsuki

## Kempo Karate #3

1. Front choke, parry: Haitto--cross shuto--osoto gari
2. Right blow, block: Hiji--sakotsu--osoto gari
3. Right & left, spin: Sakotsu--osoto gari
4. Club blow, juji uke: Armbreak (side)--sakotsu--osoto gari
5. Right & left: Lo-hi-lo--double ura tsuki--bodyslam
6. Rear strangle: Right-left hiji--ippon seoi
7. Club blow, juji uke: Sakotsu--double ura tsuki--bodyslam
8. Front hug (pinned): Windmill--sakotsu--osoto gari
9. Police hammerlock: Hiji--armbreak (side)--sakotsu--osoto gari
10. Straight lapel: Arm-neck shutos--ura tsuki--bodyslam
11. Boxer's left, parry: Left hook--left uraken--standing tani otoshi
12. Front choke, parry: Right hook--right uraken--inside armtwist
13. Double lapel: Knee up--ear slap--kidney chops--headlock throw
14. Rear hug (pinned): Windmill--sakotsu--osoto gari
15. Front headlock: Groin haitto (pivot)--mae geri--sakotsu--osoto gari
16. Front choke: Ude uke--mae geri-tate tsuki--bodyslam
17. Straight right, parry: Yoko shuto--left uraken--collar dragdown
18. Straight right, parry: Yoko haitto--cross shuto--standing tani otoshi
19. Boxer's left: Arm-thigh chops--left shotei--tackle ouchi
20. Front choke, parry: Yoko shuto--left uraken--inside armtwist

21. Knife thrust, left gedan: Elbow break (up)--right mae geri--inside armtwist
22. Right blow, block: Elbow break (side)--left uraken--bodyslam
23. Front hug (free): Knee--ear slap--kidney chops--eyes takedown
24. Front choke: Winglock (to side)--double haitto--osoto guruma
25. Right & left: Knee-to-face--double uras--lapel guruma

## **Kempo Karate #4**

### *Knife Defense*

1. Right gedan barai--side armbreak--right yoko tettsui--left shotei
2. Right gedan barai--elbow break--right shotei--kosoto--rear kneelingbar--barflex
3. Right gedan barai--elbow break--right, left shotei--reverse hadake--tettsui smash
4. Left gedan barai--upward elbow break--mae geri--tettsui
5. Left gedan barai--right arm sakotsu--left gohon--left mae geri--left sakotsu (high)
6. Left gedan barai--right armchop--left gohon--right cross shuto--hittsui
7. Soto ude uke (double)--elbow break (right under)--right mawashi geri--osoto--fumi komi (to ribs)
8. Soto ude uke--elbow break--right kage (to face)--left kidney shuto--kosoto
9. Soto ude uke--left armbreak--right shotei--left kage (ribs)--osoto
10. Upthrust: Gedan juji--right mae geri--right tettsui--cross twist otoshi (to mat)
11. Upthrust: Gedan juji--right mae geri--right collarbone sakotsu--reverse armbar
12. Cross slash: Tensho grab (double soto ude uke)--armbreak (submit)--kosoto--rear kneelingbar
13. Overhead knife (down): Jodan juji--jodan tettsui--elbow break--hiji-bodyslam
14. Double inside uke--rear right hiji--ippon seoi--fumi komi (to axilla)
15. Draws pocket knife: Left gedan barai--upward armbreak--left face shotei
16. Straight thrust: Right yoko geri--wrist twist--fumi komi (to ribs)--yubi tori
17. Left gedan shuto--right sakotsu (to arm)--crosstwist--mae geri--sakotsu--flex comealong
18. Straight thrust: Right yoko haitto (to face)--hadake jime

19. Straight thrust: Right sakotsu (to arm)--nelson strangle
20. Straight thrust: Right yoko haitto (to face)--hittsui--inside armtwist
21. Straight thrust: Right yoko haitto (to face)--ude tori--otoshi--fumi komi (to ribs)--yubi tori

## Kempo Karate #5

### *Club Defense*

1. Blow: jodan juji uke--R sakotsu--elbow break--L hiji--R hittsui--osoto gari
2. Blow: jodan juji uke--R tettsui--L gedan ulna--R ura tsuki--inside armtwist
3. Blow: age uke--Mae geri--sakotsu--ulna press--barflex
4. Blow: age uke--Mae geri--tettsui--osoto gari--winglock
5. Straight thrust--Soto ude uke--elbow break--R shotei--osoto guruma
6. Blow: age uke--Sakotsu--hittsui--osoto gari
7. Thrust: parry--Right yoko haitto--cross shuto--ulna press--barflex--rear otoshi--yubi tori
8. Thrust: parry--Armbreak--right kage--left kidney chop--kosoto gari--rear kneelingbar--barflex
9. Thrust: parry--Yoko shuto--kage tsuki (to face)--inside armtwist
10. Thrust: parry--Yoko haitto--ude tori--barflex--rear otoshi
11. Thrust: parry--Right haitto--right gohon nukite--rear hadake
12. Thrust: parry--Yoko shuto--right kage--osoto gari--winglock
13. Attack legs--L gedan barai--up elbow break--L gohon--R ganmen shuto
14. Attack legs--L gedan barai--elbow break--left gohon--R gedan haitto--chicken head strike (under chin)--left: right gohon--kouchi gari
15. Attack legs--L gedan barai--R arm sakotsu--R yoko geri--L ushido geri
16. Blow: jodan juji uke--Tettsui--double uras--ulna press--one-hand barflex--otoshi--fumi komi--yubi tori
17. Blow: age uke--R hiji--ippon seoi--fumi komi--club yawara
18. Blow: age uke--R tettsui--uras--hiji--bodyslam--ashi hishigi
19. Blow: jodan juji uke--Sakotsu--uras--gohon--lapel guruma--rolling heel kick
20. Blow: jodan juji uke--Tettsui--gohon--uras--hittsui--osoto gari

## Kempo Karate #6

### *Boxer defense*

1. Nagashi uke--Left yoko haitto---left rear hiji (to kidney)
2. Nagashi uke--Left-right kage tsuki
3. Left cross shuto--Right thigh shuto---left hiji---right kage
4. Left cross shuto--Right-left hiji---right uraken
5. Left cross shuto--Left yoko haitto---elbow break---right yoko shuto
6. Nagashi uke--Left kage tsuki---left downward uraken
7. Nagashi uke--Left hittsui geri---left fumi komi---uraken
8. Nagashi uke--Left yoko haitto---right gohon---right kosoto
9. Nagashi uke--Left hiji---left osoto gari
10. Nagashi uke--Left yoko geri---right yoko geri
11. Nagashi uke--Left mawashi geri---right ushiro geri
12. Nagashi uke, spin--Right soto mikazuki geri
13. Nagashi uke, spin--Right soto mikazuki geri---right yoko shuto---left cross shuto
14. Nagashi uke--Left mawashi geri---right soto mikazuki geri
15. Nagashi uke, back--Right mawashi geri---left mae geri
16. Nagashi uke, spin--Soto ushiro geri
17. Nagashi uke, spin--Right ushiro geri---left yoko geri
18. Nagashi uke--Half-step shuffle---left-right yoko geri
19. Nagashi uke--Right mikazuki geri (to kidney)---left fumi komi
20. Nagashi uke--Left mawashi geri (to mat)---left fumi komi---sakotsu
21. Nagashi uke--Right ushiro geri---left yoko geri---right yoko shuto

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